

March 2022

Forest Hill Heights Assisted Living

<p>9:30am- Teatime & Coffee Chats 10am- TikToks 10:30am- Rosary & Communion 11am- Morning Exercise 11:30am- Deal or No Deal 1pm- Yahtzee & Boardgames 2pm- Peace & Coloring 2:30pm- Resident's Choice! 3:30pm- Badminton 4pm- Wordscapes 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music Relaxation</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Helping Hands 11:30pm- Balloon Soccer 1pm- Free Hand Drawing 1:30pm- Shoot for the Hoop! 2pm- Nature Shows 3pm- Velcro Catch 3:30pm- Family Feud 4pm- Bottle Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Aerobics 10am- Train Dominoes & Boardgames 11am- Silver Reader 11:30pm- The Write Word Game: Mardi Gras Edition 1pm- Mini Golf 1:30pm- Crocheting with Kylie 3pm- Throw Me Something Mister! 3:30pm- Mardi Gras: What a Mess! 4pm- Fat Tuesday Fill In! 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Yoga 10am- Word Builder 10:30am- Ash Wednesday Rosary & Communion 10:30am- Table Broom Hockey 11am- Would You Rather? 11:30pm- Balloon Keep it Up 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Dancercise 10am- Latch Hook Rug Club 11am- Fly Swat 11:30pm- Rhyme Time 1pm- Yahtzee & Board Games 2pm- Crafty Hour: Lent Rings 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music Relaxation</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Bowling 11:30am- Spot the Difference 1:30pm- Bingo 2pm- 1st Friday Mass with St. Ignatius 3:30pm- Harp Concert! 4pm- Corn Hole 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag! 7pm- Evening Music Relaxation</p>	<p>9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- TikToks 11am- Hot Potato 11:30am- Free Rice 1pm- Rummikub & Card Games 2pm- Throw Tic Tac Toe 2:30pm- Awesome Alliteration 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7p- Evening Music Relaxation</p>
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<p>9:30am- Teatime & Coffee Chats 10am- TikToks 10:30am- Rosary & Communion 11am- Morning Exercise 11:30am- Reminiscent Picture Books 1pm- Yahtzee & Boardgames 2pm- Peace & Coloring 2:30pm- Resident's Choice! 3:30pm- Bowling 4pm- 5 Second Rule! 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music Relaxation</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Helping Hands 11:30pm- Balloon Keep it Up 1pm- Free Hand Drawing 1:30pm- Badminton 2pm- Nature Shows 3pm- Throw Tic Tac Toe 3:30pm- Wordscapes 4pm- Target Practice 4:30pm- Daily Chronicle & Fun Facts 6pm- Musical Stylings of Tom Cooke! 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Aerobics 10am- Train Dominoes & Boardgames 11am- Discussion Ball 12pm- Lunch in from Pat's Pizzeria (\$) 1pm- Bottle Toss 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Leprechaun Gnomes 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Yoga 10am- Hangman 10:30am- Rosary & Communion 10:30am- Balloon Soccer 11am- Spot the Difference 11:30pm- Hot Potato 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Musical Tracks with Vic Fontaine! 7pm- Evening Music Relaxation</p>	<p>9:30am- Chair Dancercise 10am- Latch Hook Rug Club 11am- Mini Golf 11:30pm- Famous Irish Folks: Who Am I? 1pm- Yahtzee & Board Games 2pm- Leprechaun Gnome Races! 3:30pm- Truth or Blarney? 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Lucky Bingo! 7pm- Evening Music Relaxation</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Giant Ring Toss 11:30am- Awesome Alliteration 1:30pm- Bingo 3pm- Shoot for the Hoop 3:30pm- Free Rice 4pm- Fly Swat 4:30pm- Daily Chronicle & Fun Facts 6pm- J & J the Duo! 7pm- Evening Music Relaxation</p>	<p>9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- TikToks 11am- Velcro Catch 11:30am- Trivia Crack 1pm- Rummikub & Card Games 2pm- Archery 2:30pm- Word Builder 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7p- Evening Music Relaxation</p>
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